

# Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

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JANUARY 25, 2008



Lance Cpl. Ronald W. Stauffer

Ron Bumgarner, member of team Healy Tibbitts Builder, Inc., chips his ball onto the green during the hotgun tournament at Kaneohe Klippers Golf Course here, Jan. 17.

## FORE!

### SEABEES and NAVFAC hold annual birthday ball golf tournament

**Lance Cpl. Ronald W. Stauffer**  
*Combat Correspondent*

Golfers grabbed their clubs and hit the green at Kaneohe Klipper Golf Course here Jan. 17 for a chance to win prizes, awards and support the Navy in the last fundraising event for the U.S. Navy Construction Battalion and Naval Facilities Engineering Command birthday ball.

Golfers lined up to register for the four-person best ball scramble shotgun tournament, held by the SEABEES and NAVFAC.

For some participants, it was a chance to relax and enjoy the day. Even the tournament organizers got in on the event.

James McKelvie, tournament coordinator, said the tournament is more than five years old and is a way to help pay for the birthday ball, but it's also a way to have fun and play golf.

The tournament consists of teams of four, who take shots and play the best ball while moving down the hole and around the course.

With golf carts engines buzzing, golfers lined up three-wide and 16-deep awaiting the words from McKelvie to hit the course.

"We've got a pretty good turnout this year," McKelvie said. "There are about 24 teams and two of them are from the Marine Corps base, so I'm happy."

Along with the tournament, participants were able to participate in challenges such as the longest drive, the closest to the pin and enter into the greenies drawing, and also had the opportunity to purchase a couple "cheats" to help their game.

The greenies is a par three hole, and if a player got his ball on

See GOLF, C-6



Lance Cpl. Ronald W. Stauffer

Lamar Haynes, team captain, HSL-37, drives through Mohammad Bari, team captain, VP-9, during an intramural basketball game at the Semper Fit Center here, Jan. 18.

## Marines attend All-Marine Soccer try-outs

**Lance Cpl. Ronald W. Stauffer**  
*Combat Correspondent*

Two Hawaii Marines now have invitations to attend the All-Marine soccer try-outs at Marine Corps Air Station Cherry Point, N.C.

After attending the West Coast Regional Soccer tournament at Marine Corps Air Station, Yuma, Ariz., Staff Sgt. Hector Flores, force supply noncommissioned officer, Marine Corps Forces Pacific, and captain for the Marine Corps Base Hawaii Varsity Soccer Team, along with Cpl. Christopher Anyadike, supply clerk, Combat service Support Group 3 were to be scouted to attend the tryouts and now have the opportunity to compete for the Corps against teams from other military branches.

Flores, a 29 year-old Santa Ana, Calif. native, said he first played soccer when he was 7 and played off and on through his teen years, but also played a number of sports.

"I grew up watching soccer and was around it," Flores said. "I never really got into



Lance Cpl. Ronald W. Stauffer

Hector Flores bolts forward to kick a ball during the West Coast Regional Soccer Tournament at Marine Corps Air Station, Yuma, Ariz.

just soccer though."

Flores joined the Marine Corps in 1997 and said he had heard about the programs in the military, but he didn't think he'd be playing or would get the opportunity to play.

This wasn't Flores' first opportunity to attend the tryouts.

"I got selected in 2000, but I didn't have the opportunity to go to the camp," Flores

said. "I hoped this year if I played well enough, I would get to go this time."

Flores said he had a good feeling and stayed open minded.

Anyadike, 25, native of Nigeria, grew up playing soccer. He was too young to ever remember exactly when he started.

After moving to the United States when he was 17, he took a break from soccer and

joined the Marine Corps in 2005.

He said he had expectations of going to school and getting an education, but didn't think he would be playing soccer.

"When I got here in 2005, I grabbed my cleats, and a ball to practice on the field, and then I met the soccer team," Anyadike said. "I asked if I

See SOCCER, C-7

## HSL-37 takes first game

**Lance Cpl. Ronald W. Stauffer**  
*Combat Correspondent*

The 2008 Intramural Basketball season kicked off with Helicopter Anti-Submarine Light 37 rocking the court by defeating Patrol Squadron 9, 33-32, at the Semper Fit Center gym here Friday.

In a show of athletic ability, the game was taken into overtime, where both teams showed their grit in determination to win.

"I feel confident in the team this year," said Mohammad Bari, team cap-

tain, VP-9, prior to the game. "We've got the plays, the size and defensive strategy."

Bari said the key is to play hard on defense and run the offensive plays for the bigger guys on the team.

On the other side of the court, HSL-37 was pumping up for the game and also looking for the win.

"We've got a real decent squad and a lot of the players from last year," said Lamar Haynes, team captain, HSL-37.

See B-BALL, C-6

## ONGOING SPORTS BRIEFS

### Goju-Kan Karate

Aspiring martial artists can participate in Goju-kan Karate Monday, Wednesday and Friday at 5:30 p.m. at Building 1090's multi-purpose room (the old Base Chapel).

Sign up at Youth Activities, or call 254-7610 for more information.

### Youth Gymnastics/Dance Class

Youth of all ages can attend gymnastics and a variety of dance classes Monday through Saturday at Building 1090. Classes are at varying times in the morning, afternoon and evening, so interested parents and youth should stop by Youth Activities for more information. Classes include dance, hula, tumbling and more.

For more information, call 254-7610.

### Parents for Fitness

The Parents for Fitness Program is a cooperative babysitting effort available at the Semper Fit Center, here for all active duty service members and their families. The PFFP participants are required to volunteer babysit three times per month and is open for children 6 weeks and older.

For more information, call 664-0184.

### Deep-Sea Fishing Charters Offered at Base Marina

Fishermen searching for convenient access to deep-sea charters need look no further than the Base Marina. Bill Collector Fishing Charters offers numerous charter packages accommodating up to six passengers.

Avoiding the traffic and crowd of Oahu's South Shore, Bill Collectors charters fish from the uncrowded waters of Windward Oahu.

For more information or to charter the Bill Collector, contact the Base Marina at 257-7667 or 254-7666.

### Campground and Picnic Sites

For picnic and campsites, Marine Corps Base Hawaii offers some of the most scenic beaches on the island.

Three of those beaches, Pyramid Rock, Hale Koa and Fort Hase, are available by reservation from dawn to dusk. Hale Koa Beach is available for overnight camping, but requires a reservation.

For more information, contact 254-7666 for Kaneohe or 477-5143 for Camp Smith.

### Paintball Hawaii

Nestled behind the Lemon Lot stands Paintball Hawaii. Shoot over for great deals and have a blast with your friends.

Cost is \$25 per person and includes one air refill, equipment and the field fee. The field is open weekdays from 9 a.m. to 5 p.m.

For more information or to schedule an appointment, call 265-4283.

### K-Bay Lanes Color Pin Special

Every Thursday, when you roll a strike and a colored pin is in the headpin position, you can win up to three free games of bowling. All patrons are welcome to take advantage of this deal. If you make the play, you win!

For more information, contact K-Bay Lanes at 254-7693.

### Personal Trainers Available at Semper Fit

For those looking to get into a tailored exercise regimen, or just looking for good advice on weight management and weight control, the Semper Fit Center offers free personal training consultation.

You can schedule an appointment with a trainer who will take body-fat measurements, blood-pressure and heart-rate readings.

They will do all this and tailor a program, based on your physical needs and ambitions.

For only \$5 per workout, a professional trainer will actually work with you to ensure maximum efficiency.

Pick up a personal training appointment card at the Semper Fit Center now.

For more information, contact the Semper Fit Center at 254-7597.

### Semper Fit Center Offers Array of Group Exercise Programs

Semper Fit Center announces a new and expanded aerobics program. These new classes include a variety of workouts.

The class schedule for Fridays is as follows:

**8:45 to 10 a.m.**  
Step Challenge

**11:45 a.m. to 12:15 p.m.**  
Gut Cut

**4:45 to 5:45 p.m.**  
Cycling

**5:45 to 6:45 p.m.**  
Pilates

**7 to 9 p.m.**  
Aikido



Photos by Lance Cpl. Alesha R. Guard

Girls from the Youth Activities cheerleading program here perform for the Denver Broncos cheerleaders during a cheer clinic Friday.

# BRONCOS BRING CHEER

## Aspiring cheerleaders attend clinic at Base Teen Center



The Denver Broncos Cheerleaders stretch out the girls in attendance during a cheer clinic at the Teen Center.



The Denver Broncos Cheerleaders sit with girls from the Youth Activities cheerleading program and watch as the Kailua Intermediate School Dance Squad performs a routine.



The Denver Broncos Cheerleaders play a warm-up game with the attendees of their cheer clinic at the Teen Center.

# SPOTLIGHT ON SPORTS

## — SPORTS BRIEFS —

### Ice Palace Excursion

The excursion is today from 5 to 10:30 p.m., open to all Children, Youth and Teen Program members 10 and older. Cost is \$8 and includes transportation, admission and skate rental.

For more information, call Youth Activities at 254-7610.

### Intramural Baseball

The new season starts Monday at Riseley Field at 6:30 p.m. Games will be Monday through Friday.

For more information, call Joe Au at 254-7591.

### Camp Smith Intramural Basketball

The new season starts Tuesday at Camp Smith Gym. Games will be Tuesday and Thursday from 11 a.m. to 1 p.m.

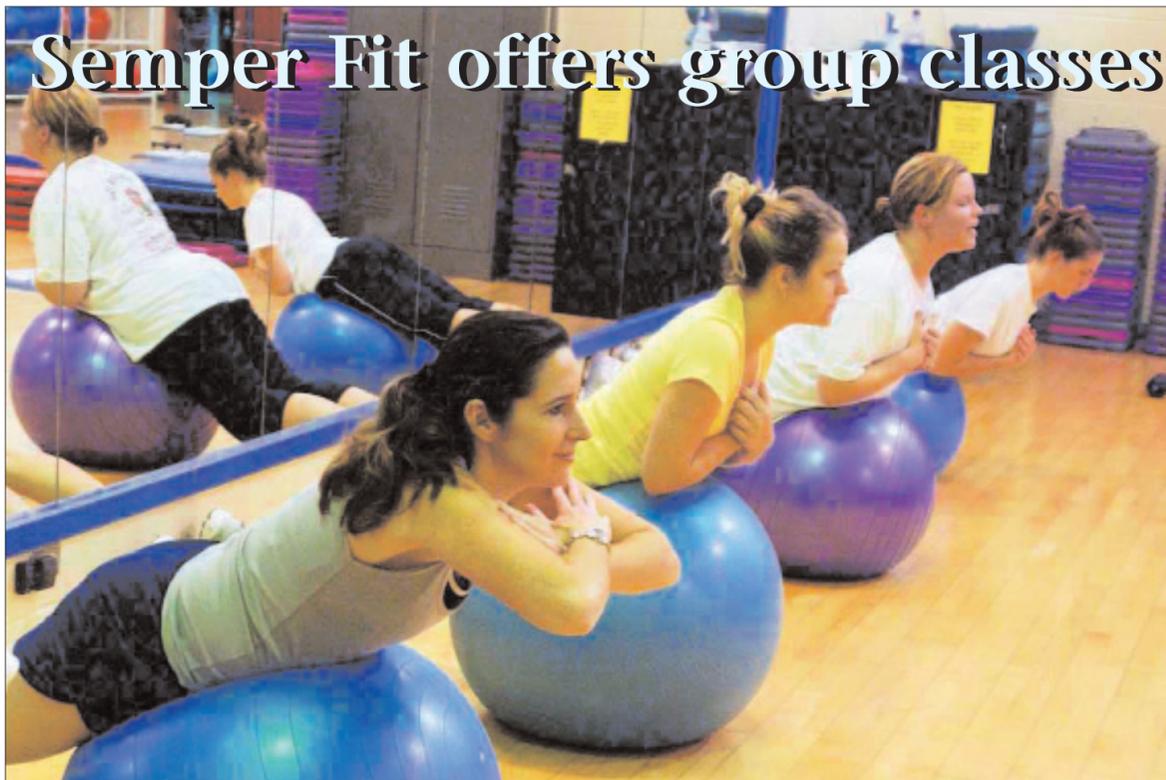
For more information, call Kelly Fornes or Curtis Stranghoener at 477-0498.



## Need a flexible workout?

Sign up for Semper Fit's PiYO class! Each session fuses Yoga and Pilates exercises for a well-balanced fitness regimen. Classes are Tuesdays and Thursdays from 11:30 a.m. to 12:30 p.m. For more information, call 254-7597.

## Semper Fit offers group classes



Group exercise classes are available at Semper Fit Center! Keep in shape with one of several training sessions that work out all your body areas. Classes at the center include:

### Glutes to the Max

Unmush your tush with this intense glute workout. Get rid of the granny fanny with exercises for the hips and butt as you tone with weights, the exercise ball and resistance bands. To top it all off there will be a short ab workout and some stretching after your glutes have been pushed to the max.

getting back the flexibility you once had or just stretching out those over worked muscles. This class is great way to reduce your chances of getting injured from tight muscles.

### Yoga

Stretch your mind and your workout in this conditioning class. Learn how to be more fit, flexible and ease all your daily stress.

### Stretch

Reach for your toes in this class. Tired of having someone else scratch your back? Time to limber up. A class working on

Ask about discounts for active-duty members. For more information, call 254-7597.

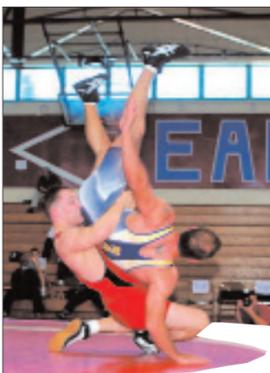
## DANCE MOVEMENT ACADEMY AND K-BAY GYMNASTICS

Dance and Gymnastics classes are available for youth between the ages of 1 and 18.

Classes are held Monday through Saturday and encompass areas of interest such as Team Gymnastics, Cheerleading, Tumbling and Trampoline, Jazz and Tap Dancing, Hula and others.

Interested participants are offered one free trial class. Call 479-3273 to arrange your free class.

Fees will vary according to class frequency and length.



## Wrestle your way to the top!

Join the All-Marine Wrestling Team. Get a lock on a good thing today!

The deadline to apply is Feb. 1. For more information, call 254-7597.



## Cover the world in paint!

Aim for a fun time with friends! Open Saturdays and Sundays from 9 a.m. to 5 p.m.

For more information, call 265-4283

## Be cool at the Base Pool!

### Winter hours

#### Open Swim

Tuesday through Friday 1 to 5 p.m.  
Saturday and Sunday Noon to 5 p.m.

#### Adult Lap Swim

Tuesday through Friday 11 a.m. to 1 p.m.  
Saturday and Sunday lanes available Noon to 5 p.m.  
The pool is closed on Monday.

Swim lessons will be available for infants to adults in March 2008.

Lessons are open to all active duty, family members and DoD employees.

For more information about hours of operation or times available for lessons, call Dino Leonard at 254-7655.





# HEALTH AND WELLNESS

## Another study links Western diet to heart, health risks

**Amanda Gardner**

*HealthDay Reporter*

A "Western" diet heavy in meat, fried foods and refined grains puts people at higher risk of developing metabolic syndrome, the collection of risk factors for heart problems, stroke and type 2 diabetes, a new study found.

The findings confirmed previous research with one interesting twist: Drinking diet soda won't change the health-risk equation (surprisingly, it ups the risk, too), although consuming more dairy might protect you.

A whopping 60.5 percent of the study participants either had metabolic syndrome at the start of the study or developed it during nine years of follow-up.

"This is a red-alert wake-up call," said Dr. Suzanne Steinbaum, director of Women and Heart Disease at Lenox Hill Hospital in New York City, who was not involved with the study. "I love that they call this a Western diet. It's the perspective that

we, as Americans, cannot eat any worse."

The findings were published in the Jan. 22 issue of *Circulation*.

A person is thought to have metabolic syndrome if he or she has three or more of the following cardiovascular risk factors: large waist circumference, high blood pressure, high fasting glucose levels, low HDL ("good") cholesterol levels and high triglycerides.

According to U.S. government data collected between 1988 and 1994, 24 percent of adult Americans (47 million people) had metabolic syndrome. That number is probably higher now, the study authors stated.

Although obesity and physical inactivity underlie most cases of metabolic syndrome, the role of diet is still not well understood.

The authors of the new study relied on "food frequency" questionnaires that had been filled out by almost 10,000 people participating in the government-sponsored Atherosclerosis Risk in Communities study. The questionnaire included 66 items related to food consumption.

Participants' dietary preferences were categorized as either "Western-pattern" or "prudent-pattern," depending

on the overall responses.

The Western diet consisted of more refined grains, processed meat, fried food, red meat, eggs and soda, and less fish, fruit, vegetables and whole grains.

The prudent diet was heavy on cruciferous vegetables such as broccoli and cabbage; carotenoid vegetables (carrots, pumpkins); fruit; fish and seafood; poultry; whole grains; and low-fat dairy.

The association involving metabolic syndrome with certain specific food items - such as fried foods, regular and diet soda, fruit drinks, nuts and coffee - was also explored.

scores in the "Western-pattern" diet had an 18 percent increased risk of developing metabolic syndrome, compared with those with the lowest scores in this group.

Individuals with the highest consumption of meat had a 26 percent greater risk of developing metabolic syndrome, compared with those who ate the least amount of meat. Hamburgers, hot dogs and processed meats seemed to accelerate the effect.

On the other hand, eating dairy was found to be protective: Individuals consuming the most dairy had a 13 percent lower risk of developing metabolic syndrome, compared to those who consumed the least.

Fried foods - i.e., fast foods - and diet soda were also associated with metabolic syndrome, while sweetened beverages - soda and fruit drinks - as well as coffee and nuts were not.

The diet soda findings echo those from a previous trial, the study authors said.

"The first time this came up, we didn't believe it," Steinbaum said. "Take two, and it's now part of another large study."

"We did not expect to find that," added study co-author Lyn Steffen, an associate professor of epidemiology at the University of Minnesota

School of Public Health. "I don't know why that is, but I think there is some basic science under way now looking at diet soda and just what it does to promote these metabolic abnormalities."

"The message hasn't changed," Steffen added. "People should eat according to the dietary guidelines for Americans, which is a diet rich in plant foods. I don't oppose meat, but they should consume red and processed meat once or twice a week, not once or twice a day."



File photo

## Snack foods helpful for daily diet

**Press Release**

*American Association of Retired Persons*

Many people think snacks are junk food, though it doesn't have to be that way. Snacking can be part of a balanced diet. Eating small portions between meals provides your body with energy to keep you going throughout the day.

Some other benefits of snacking:

- ♦Healthy snacks provide fiber and nutrients your body needs.

- ♦You can curb the feeling of hunger or starvation right before a meal, which prevents overeating. Snacking may help you eat smaller portions and reduce your calorie intake.

- ♦Though individual calorie needs vary, your body needs fewer calories as you age.

- ♦Eating smaller meals more often may help you stay on track.

Try to keep your snack portions small and less than 250 calories. Spacing out meals and snacks can help prevent weight gain. The nutrition facts label on packaged foods will help you figure the calories and nutrients in one portion size.

More foods are now being packaged in single serving portions, making it easier for you to keep track of how much you're eating. But you still want to be careful about what kinds of food you choose to snack on!

Sugary and fattening sweets like cookies and candy lack nutrients. Many

salty foods - like chips - can dehydrate you. These foods should be eaten in moderation.

For healthy and filling snacks, try:

- ♦Fresh or frozen fruit, or a handful of dried fruit, such as raisins.

- ♦Raw vegetables - carrots, celery, red and green pepper - cut and portioned in small plastic bags. Try filling celery with peanut butter or low-fat cottage cheese, or dipping your vegetables in low-fat dressing.

- ♦A whole wheat English muffin with apple butter and a cup of herbal tea.

- ♦A slice of angel food cake with non-fat whipped topping.

- ♦Whole-grain crackers

(could be topped with cheese or peanut butter).

- ♦Non-fat cottage cheese or yogurt with honey.

- ♦A handful of nuts, dried fruit or trail-mix (or make your own mix by buying the ingredients you like).

- ♦Hummus on whole-wheat pita-bread.

- ♦A smoothie (blend non-fat milk or yogurt with fruit).

So forget the bag of chips or candy bar and reach for a handful of nuts and raisins. You'll get extra fiber, vitamins and minerals, all for about 50 calories.

With proper portions and healthy food choices, snacking can enhance, rather than hurt your diet.



File photo

# Make your resolution, stick with the right attitude

**Lance Cpl. Alesha R. Guard**

*Combat Correspondent*

Each new year brings resolutions. Whether the resolution is to get in shape, finish a marathon or fit into a little black dress for that spring wedding, the challenge of resolutions is making them stick.

Celebrity trainer and motivation expert, Kacy Duke, writes in Fitness Magazine that the best way to keep a resolution is to have the right attitude.

Her first suggestion is to create a grand goal for yourself.

"If you really want results, shoot for the moon," Duke writes. "Then if you only get halfway there, it's still pretty amazing. For instance, if weight loss is your goal, tell yourself you're going to exercise every day; if you make it only twice a week, at least you're doing something. Whereas if your initial goal was just to exercise a couple of times a week and you don't, you'll feel like a failure."

One member of the Semper Fit Center here noticed results after sharing her goal and working toward it with a personal trainer.

"My goal was to get healthier and get in better shape," said Cristela Hudson, a member of Semper Fit. "It really made a difference, and I saw more results

than working out by myself."

Once you shoot for the moon and know your goal, Duke suggests finding motivation to help you keep your eye on the prize.

"Have an event or outfit that you want to look great in, and keep that image in the back of your mind," said Leslie Pokorski, a personal trainer at the Semper Fit Center.

Once you know your motivation, keep a picture of it with you, Duke suggests. Post the motivator in your plan book or on your phone to constantly remind you.

"My husband is coming home from Iraq in a month, so that's a very good motivator," Hudson said.

To be successful in reaching your goal, you also must build a better relationship with your body. Beating yourself up simply doesn't work; it just gets you down, Duke said. As you create a goal and motivation for yourself, Duke suggests talking to yourself like you would your best friend.

"I want to be healthier now. I need your help. Belly, it's time for you to go!" Duke suggests saying these light-hearted comments to yourself, to keep a positive body image.

"By staying positive, you'll act positive," Duke writes. "If you don't talk nicely to yourself, how will you care enough to reach



Lance Cpl. Alesha R. Guard

Cristela Hudson works out on the leg press and is coached by Leslie Pokorski, a personal trainer at Semper Fit Center.

your full potential?"

While on your way to reaching your goal, inevitably you will slip up every once in a while or not see fast results. But don't let this get you off track, Duke writes.

"Getting in shape takes time and

effort," Pokorski said. "If exercise was completely fun, everybody would do it. So, don't get discouraged on your way to success."

If you do get off track, recognize it as a small slip up and get right back on it.

"Forgive yourself and move on. Just say, 'Okay, I messed up – but now I'm back on track.' Each time you do this, you'll be a little stronger because you can learn from your mistakes without the guilt," Duke said.

## B-BALL, from C-1

Starting with a jump ball, both teams hustled up and down the court, getting a feel for the others' offensive and defensive set up.

Haynes led his team in the first half on the court and the scoreboard, dropping in two three pointers.

As the teams fought for points, neither could break away from the other, keeping the score within three points.

At the end of the first half HSL-37 led, 15-12.

Haynes said the team has a great defense, but the offense needs to have a better shot selection.

Getting the chance to catch their breath during the half, Bari motivated his teammates with a short speech, enticing them to get back in the game.

Both teams took to the court for the final half and battled on, putting points on the board but keeping the score close.

The game was tied 28-28 in the final second, both teams scrambled to get possession, but all scoring attempts failed before the buzzer.

Three minutes into overtime, the teams' defenses stepped up aggressively to keep each other from scoring.

Haynes caught the

defense off guard, broke through and dropped the ball in for two, but was answered back by foul shots from Josh Dittmar, center, VP-9 made one on his first two and then another on his next foul.

Haynes once again brought the score back up putting in a three pointer to bring the score to 33-30.

"If we hold the ball, we can control the clock, and the win will be ours," Haynes said.

In HLS-37's last attempts to run the clock down, VP-9 stole the ball and charged the hoop, where Dittmar was fouled again and made both free throws.

Then 33-32, with seconds left on the clock, HLS-37 took possession of the ball, letting the clock expire for the win.

"We're picking up where we left off," said Walt Flowers, point guard, HSL-37, after the game. "We've got some new players on the team this year, and we're trying to dust the cobwebs off our legs from the last season."

Haynes, the high scorer of the game, said he was happy with the outcome of the game.

"We did it without some of our key players, who are currently on deployment," Haynes said. "It was a good win, and I hope it carries on through the season."



Lance Cpl. Ronald W. Stauffer

Josh Dittmar, center, VP-9, makes a free throw after being fouled during an Intramural Basketball game at the Semper Fit Center.

On the other side, VP-9 huddled together to discuss the loss.

"It was a heart breaking loss," Bari said. "We had a couple breaks in the game, but it's nothing to complain about."

Bari said it's only the

first game in the season, and the team needs to practice more.

The Intramural Basketball League will play three games a night at the Semper Fit Center Monday, Tuesday, Wednesday and Friday, starting at 6:30 p.m.

## GOLF, from C-1

the green in the first shot, his name went into a raffle at the end of the tournament.

Players could buy cheats for the game such as mulligans, which are a chance to re-hit a ball, and putter string, which is a three-foot piece of string which could be substituted for a putt if the ball is within the distance of the string.

Before the event, one of the participants, Paul McCord, said he enjoyed his first tournament last year and is looking forward to having the same enjoyment during this tournament.

"I enjoy being out here with friends and co-workers, relaxing and enjoying the day," McCord said. "It's a great way to get away and support a good cause."

Many others agreed.

"We're out here to support our Navy," said Justin "Butch" Rankin, with a chuckle. "They didn't really explain the rules, but we're out here to have fun."

Butch even went as far as to hit one of his balls holding his iron backwards.

As the afternoon drove forward so did the golfers as they moved around the course hearing the faint yell of "Fore!" throughout the day and mingling with the other players.

"We don't see a lot of Navy personnel, but we got to meet new people," said Carl Aweau, golf enthusiast.

When the golfers finished their last hole, they drove back to the clubhouse to wait for results and awards.

William Grip, James Miyamoto, Aaron Poentis and Rodney Worden won first place. Patrick Long won the longest drive, and Dallas Marlow won closest to the pin.

"I've talked to other courses and Klipper is the best, and they gave us a lot of support for the tournament," McKelvie said.



Lance Cpl. Ronald W. Stauffer

Golfers commute around the hole joking about putting during the shotgun tournament at Kaneohe Klipper Golf Course.



Christopher Anyadike (right), midfielder, Hawaii Marine Varsity Soccer Team, points to where the expected pass should be during the West Coast Regional Soccer tournament at Marine Corps Air Station, Yuma, Ariz.

**SOCCKER, from C-1**

could play with them and then joined the team."

Anyadike has played for the base varsity soccer team for two years and participated in the West Coast Regional Soccer Tournament two years running.

"I didn't get selected last year because I didn't know what they were looking for on the field," Anyadike said. "This year I knew what to work on to get selected."

After the final day of the tournament Jan. 8, the announcement for the tryouts gave the information on the camp. Leaving Jan. 9 with no time to spare, both players were on their way.

"I was excited that I had the chance to play with some of the best players in the Marine Corps," Flores said.

Anyadike had the same reaction, and said he was excited and felt great to be there even if he got cut in the end.

Flores said there were around 36 players trying out for the team, and practices normally consisted of "two-a-days" and a scrimmage. Throughout the tryouts, players were cut and sent home.

"There were a lot of styles, and I think that's part of what determined the selections process and who got cut," Flores said.

To Flores and Anyadike's dismay, they were cut from the camp Jan. 16, along with five other players.

"It was a good experience and an honor to be selected for the team," Flores said.

Flores said he is changing duty stations in the summer, but plans to hopefully continue playing soccer and get selected for next years' tryouts.

"I would like to thank my command and my family for giving me the opportunity to attend the tryouts and sup-

porting my efforts," Flores said.

Both would like to thank Marine Corps Community Services for their hard work and dedication for making the trip to the West Coast Regional Soccer Tournament and the All-Marine soccer tryouts possible, and for supporting the Varsity soccer team.

# Hanging out with Hula Bowlers



Courtesy photo

Youth from K-Bay's Winter Adventure Camp and Manana Teen Center interact with football players at the Hula Bowl Experience. Marine Corps Community Service's Youth Activities has programs for youth 5-17 years of age, along with 18-year-olds still in school.

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# AROUND THE CORPS

## 'Freezin' For a Reason': MARSOC supports Special Olympics

**Lance Cpl. Joseph R. Stahlman**

*U.S. Marine Corps Forces,  
Special Operations Command*

**MARINE CORPS BASE CAMP LEJEUNE, N.C.** — Marines, Sailors and civilians here participated in the 2008 Onslow County Special Olympics Polar Plunge Jan. 12.

Sandy beaches, bathing suits, children building sand castles, laughter in the air and hundreds of people gathered for a day at the beach might seem like a warm, sunny day of frolicking on the beach, but for the hundreds of Polar Plunge volunteers, warm and sunny wasn't the case.

"The water was choppy and freezing cold. After awhile, my body started to go numb," said Cmdr. Dale C. White, chaplain, Marine Special Operations Command. "But we all knew we would be 'freezin' for a reason,' which is the Polar Plunge motto."

"The purpose of this Polar Plunge is to raise money for the [Onslow County] Special Olympics athletes," White said. "MARSOC had more than 100 participants, volunteers and supporters. With our four different teams combined, we raised more than \$1,400 for this great cause."

In total, event participants raised more than \$25,100, well beyond the event planners' goal of \$20,000.

"The freezing cold temperature of the Atlantic Ocean doesn't compare to the joy on the children's faces at the Special Olympics," explained Hospital Corpsman 2d Class Brad D. Mueller, Battalion Aid Station, Marine Special Operations Support Group. "With every donation, we provide more kids the opportunity to participate in the Special Olympics."

Meuller was among 48 other MARSOC volunteers who supported last year's Special Olympics events at Marine Corps Air Station New River.

Some might shiver at the word "volunteer," but according to Mueller, MARSOC Marines and Sailors see volunteering as an opportunity.

"The payoff is worth the time and effort every person puts into these functions," he said. "Volunteering is probably

the most rewarding thing a person can do. Not only do you get to affect the lives of these children, it's a rewarding and fun experience as well."

According to White, there is no shortage of volunteers in MARSOC. He believes the Marines, Sailors and family members of MARSOC have a genuine spirit and drive to reach out to their community.

"MARSOC always has a great turnout for every function we volunteer for," White said. "I believe these actions speak volumes about how selfless and giving these Marines and Sailors are about serving their nation and supporting their community."

After the plungers finished showing their support in the water, they

moved to the beach where they enjoyed food and hot cocoa in heating tents. During the Polar Plunge, participants competed in a costume competition as children participated in a sand castle building contest.

The total number of plungers for the competition reached 390 with an estimated 200 spectators.

"The entire Lejeune area really pulled together to make this event a success," White said. "I think this event was a great experience and a lot of fun for everyone."

"I encourage everyone to volunteer or donate for these causes," Mueller said. "I think it makes a big difference in these children's lives because I know they make a difference in mine."



Lance Cpl. Bryce C.K. Muhlenberg

Staff Sgt. Juan Montez, 2nd Assault Amphibian Battalion, 2nd Marine Division, runs with athlete Jovon L. Polite, who competed in the Special Olympics at Dillard Middle School.